

## How I Studied for the MCAT

When I first started, I hadn't taken a science class in about five years. I didn't even remember basic gen chem. So I had to start from complete scratch.

### The Core Method: UWorld + Khan Academy + Anki

I started with UWorld on tutor mode. UWorld is hands down the best resource out there. Obviously when I first saw those questions I knew absolutely nothing. No context, no foundation. So what I did was for every single question, I would immediately go to Khan Academy and watch the video on that exact topic. You can also use Kaplan or whatever books as well if that's how you learn better. And I wouldn't just watch that one video. I would watch all the related videos in that subsection too. So if the question was about work, I'd also watch the videos on power, energy, etc. As I watched, I'd make Anki cards for everything I was learning.

After that, I'd go back to the question and answer it based on what I just learned. Whether I got it right or wrong, I would go through UWorld's explanation very thoroughly. Then I'd go back to my Anki cards and make sure they covered everything from the explanation. If I missed something or didn't fully understand something, I'd make more cards or update the ones I already had. One thing I learned: never ignore low yield information. That stuff is probably what's going to show up on your actual exam.

This process took a very long time at first. Like 2 to 3 hours to get through 10 questions. But over time, you'd be surprised how fast you learn because it's so active and there's so much repetition built in. Eventually I was doing 30 to 40 questions a day and switched into timed mode. I finished all of UWorld doing this.

### Anki

For Anki, I don't really recommend pre-made decks. Making your own cards is way more effective because you get that extra repetition of actually creating the card. The one exception is Psych/Soc. The Mr. Pankow deck is really good for that. I've attached it on our website.

The most important thing with Anki is doing it every single day. Every day. Even on rest days. It only works if you're consistent. MAKE SURE TO DO YOUR ANKI. Making cards is one thing but keeping up is another.

### CARS

Do at least one passage every single day. I used Jack Westin at first. It trains you to read really boring stuff and gets you in the rhythm over time. The key is consistency. Just one passage a day, every day, no skipping.

Then closer to when you're about halfway to your test date, start stringing passages together. Do two passages back to back. Then three. Then four. Work your way up to the full number of passages in the CARS section (it's nine). Build up that muscle memory one by one so that by test day, sitting through all nine passages feels natural. I think that's really the best way to go about it rather than jumping straight into full sections.

### Full Length Practice Tests

Once you're further along, start doing full length practice tests. I did one Jack Westin FL and five AAMC FLs. The AAMC tests are non-negotiable. Section banks are key too. Save them for about 3 weeks out. Those are going to be the most representative of what test day will look like. Spend the entire next day reviewing the test. Go through everything you got wrong and make Anki cards out of it.

I started seriously studying in early June and my test day was September 13th. I went from a 504 to a 516 in one month, and that was still two months before my test date. Here's my full FL progression:

6/22 Jack Westin FL 504 (126/127/126/125)

7/13 AAMC Unscored 516 (129/129/128/130)

7/27 AAMC FL1 520 (130/127/132/131)

8/12 AAMC FL2 519 (130/130/129/130)

8/25 AAMC FL3 520 (131/130/130/129)

9/7 AAMC FL5 521 (131/130/130/130)

9/13 Test Day 517 (131/127/128/131)

The method works if you stick to it. I took a couple weeks of breaks in between too.

## **General Tips**

Do a diagnostic test after two weeks of serious studying to see where you're at. When scheduling your test date, estimate how long you think you'll need and then add two weeks. Life happens and the buffer will save you. Take a day or two off each week. It'll help you reset. Do your Anki these days though.